

1992

Conference-Indoor meet

High jump	Aimee Breitfelder	4'9"	3 rd
	Missy Sheehy	4'5"	6 th
55 meter hurdles	Jody Helar	9.91	3 rd
	Julianne Brooks	9.74	2 nd
	Missy Sheehy	9.77	4 th
400m dash	Katie Eischeid	1:08.36	5 th
300m dash	Aimee Breitfelder	47.1	5 th
200m dash	Angie Koenig	29.57	6 th
4x400	Katie Eischeid Kelley Muehl	4:48	5 th
	Aimee Breitfelder Nicki Mueller		

Camanche

Discus	Amanda Junk	89' 1 1/2"	5 th
High jump	Aimee Breitfelder	4'8"	5 th
Shuttle Hurdle	Missy Sheehy Julianne Brooks	1:13.5	2 nd
	Jody Helar Kelley Muehl		
Distance medley	Shelia Bantus Aimee Breitfelder		
	Angie Koenig Katie Eischeid	4:56.1	
Throwers 4x400	Amanda Junk Amanda Altman		
	Charity Lacey Bevan	1:04.3	3 rd

Clinton

Shuttle Hurdles	Missy Sheehy Julianne Brooks	1:12.74	2 nd
	Kelley Muehl Jody Helar		
Distance medley	Lindsay Gibbs Allison Tracy	5:07.84	4 th
	Lisa Roth Crystal Crum		
400m dash	Katie Eischeid	1:08.4	4 th
4x200	Aimee Breitfelder Angie Koenig		
	Erin Neubert Tara Steves	1:59.04	5 th
200	Aimee Breitfelder	29.09	5 th
100 hurdles	Julianne Brooks	17.53	4 th
100 hurdles	Jody Helar	17.78	6 th
800m dash	Katie Eischeid	2:42.22	4 th
Discus	Amanda Junk	93' 11"	3 rd
Shotput	Amanda Junk	29' 3 1/8"	5 th
High jump	Aimee Breitfelder	4'8"	3 rd
4x100	Amanda Junk Angie Koenig		
	Erin Neubert Tara Steves	57.50	4 th
4x400	Kelley Muehl Lisa Roth		
	Katie Eischeid Amanda Muehl	4:54.68	5 th

Northeast

Long jump	Lisa Roth	13' 5 1/2"	4 th
100m hurdles	Jody Helar	18.99	5 th
	Julianne Brooks	19.05	6 th
Shuttle Hurdle	Jody Helar Kelley Muehl		
	Nicki Mueller Julianne Brooks	1:16.83	3 rd
4x200	Erin Hugg Angie Koenig		
	Lisa Roth Tara Steves	2:07.6	5 th
500	Katie Eischeid	2:50.6	5 th

Midland 2nd 11/9/12

High jump	Aimee Breitfelder	4-8	2 nd
	Missy Sheehy	4-4	3 rd
Long jump	Erin Hugg	12' 8 1/2"	6 th
	Lisa Roth	13' 8"	2 nd
Discus	Amanda Junk	89' 8"	1 st
	Lacey Bevan	62'	5 th
Shotput	Amanda Junk	30' 2 1/2"	3 rd
	Charity Schroeder	23' 9 1/8"	5 th
2 mile run	Crystal Crum	13:57.2	4 th
4x800	Lindsay Gibbs Anja Kueimmel		
	Antonia Kalkin Amanda Altman	13:18.90	2 nd
Shuttle Hurdle	Missy Sheehy Julianne Brooks		
	Aimee Breitfelder Jody Helar	1:12.34	1 st
Distance medley	Shelia Bantus Allison Tracy		
	Lisa Roth Nicki Mueller	5:25.89	3 rd
100m dash	Sara Kubik	15.53	6 th
	Erin Hugg	15.07	4 th
400m dash	Katie Eischeid	1:13.69	3 rd
	Anja Kueimmel	1:16.88	5 th
4x200	Aimee Breitfelder Angie Koenig		
	Erin Neubert Tara Steves	1:59.92	1 st
100 hurdles	Jody Helar	18.31	3 rd
	Missy Sheehy	18.64	4 th
500	Katie Eischeid	2:56.09	4 th

200m dash	Aimee Breitfelder	29.49	3 rd
	Angie Koenig	30.38	5 th
300 hurdles	Nicki Mueller	1:06.57	5 th
	Lori Dunn	1:17.93	6 th
Sprint medley	Erin Hugg Lacey Bevan		
	Lindsay Gibbs Allison Tracy	2:19.47	3 rd
mile	Crystal Crum	6:33.33	6 th
4x100	Lindsay Gibbs Angie Koenig		
	Erin Neubert Tara Steves	58.88	3 rd
4x400	Aimee Breitfelder Katie Eischeid		
	Anja Kueimmel Nicki Mueller	5:11.52	2 nd

Cascade

High jump	Aimee Breitfelder	4'8"	3 rd
Long jump	Erin Huss	12'3"	8 th
Discus	Lisa Roth	13'6"	4 th
Shot	Amanda Junk	86'4"	4 th
Shot	Amanda Junk	28'3 1/2"	8 th
100 hurdles	Jody Helar	17.88	7 th
	Julianne Brooks	17.85	6 th
Shuttle Hurdle	Missy Sheehy, Jody Helar, Aimee Breitfelder, Julianne Brooks	1:12.64	3 rd
Distance medley	Erin Neubert, Aimee Breitfelder, Angie Kenny, Katie Cushing	4:55.3	4 th
4x200	Lindsay Gibbs, Angie Kenny, Lisa Roth, Tara Steves	2:02.77	7 th
Sprint medley	Lindsay Gibbs, Aimee Breitfelder, Erin Neubert, Katie Cushing	2:09.14	7 th
4x100	Sara Kubik, Angie Kenny, Erin Huss, Erin Neubert	1:00.08	6 th
Ft Distance medley	Erin Huss, Nicki Mueller, Sara Kubik, Crystal Cram	5:10.77	4 th
Ft Sprint medley	Missy Sheehy, Lisa Roth, Kelley Michels, Nicki Mueller	2:22.23	6 th

Magkoketa

Shuttle Hurdle	Jody Helar, Missy Sheehy, Julianne Brooks, Aimee Breitfelder	1:11.86	5 th
4x200	Aimee Breitfelder, Angie Kenny, Erin Neubert, Tara Steves	1:57.36	6 th
High jump	Aimee Breitfelder	4'8"	2 nd
Sprint medley	Missy Sheehy, Angie Kenny, Lindsay Gibbs, Aimee Breitfelder	2:04.08	6 th

Conference

Long jump	Lisa Roth	13'3 1/2"	2 nd
	Erin Huss	12'11"	6 th
Shot put	Amanda Junk	30'5"	6 th
Discus	Amanda Junk	94'6 1/2"	2 nd
High jump	Aimee Breitfelder	4'6"	8 rd
	Missy Sheehy	4'2"	7 th 5 th
Shuttle Hurdle	Missy Sheehy, Julianne Brooks, Aimee Breitfelder, Jody Helar	1:12.09	2 nd
Distance medley	Lindsay Gibbs, Erin Neubert, Aimee B.	4:56.1	2 nd
4x200	Lindsay Gibbs, Angie Kenny, Erin Neubert, Tara Steves	2:02.3	3 rd
100 hurdles	Jody Helar	28.24	5 th
Sprint medley	Missy Sheehy, Angie Kenny, Erin Huss, Aimee B.	2:06.24	4 th
4x100	Missy Sheehy, Erin Neubert, Lindsay Gibbs, Tara Steves	58.6	5 th
4x400	Angie Kennel, Allison Tracy, Katie Eismund, Antonia Hallin	4:59.48	4 th

Comet Relays

Shot	Amanda Junk	28'11 1/2"	4 th
Discus	Amanda Junk	88'9"	2 nd
	Lacey Berens	83'11 1/2"	3 rd
Long jump	Erin Huss	13'4"	4 th
	Lisa Roth	14'8"	2 nd
High jump	Aimee Breitfelder	4'4"	2 nd
	Missy Sheehy	4'10"	5 th
2 mile run	Nicki Mueller	14:56.63	3 rd
4x800	Allison Tracy, Antonia Hallin, Angie Kennel, Lacey Berens	13.28	2 nd
Shuttle Hurdle	Missy Sheehy, Kelley Michels, Jody Helar, Julianne Brooks	1:12.43	2 nd
Distance medley	Lindsay Gibbs, Aimee Breitfelder, Erin Neubert, Katie Cushing	4:55.54	1 st
100 dash	Sara Kubik	15.6	4 th
	Erin Huss	15.31	1 st 7 th
400 dash	Lisa Roth	1:13.85	5 th
	Kelley Michels	1:13.28	4 th
4x200	Sara Kubik, Lindsay Gibbs, Angie Kenny, Aimee Breitfelder	2:04.35	2 nd
100 hurdles	Jody Helar	18.4	4 th
	Julianne Brooks	17.94	3 rd
800 run	Katie Cushing	2:49.19	1 st
	Crystal Cram	2:54.09	4 th

400 hurdles	Missy Sheehy	1:28.06	1 st
	Nicki Mueller	1:31.26	5 th
200 dash	Erin Neubert	31.82	5 th
	Tara Henry	31.16	3 rd
Sprint medley	Shila Bonifas, Angie Kenny, Erin Huss, Aimee Breitfelder	2:07.34	3 rd
Mile	Crystal Cram	6:37.76	4 th
	Antonina Yalkin	6:44.3	5 th
4x100	Sara Kubik, Angie Kenny, Lindsay Gibbs, Tara Steves	59.93	1 st
4x400	Allison Tracy, Lisa Roth, Katie Eismund, Kelley Michels	5:08.98	3 rd

Districts

Shot	Amanda Junk	31'1"	6 th
Discus	Amanda Junk	96'9"	6 th
High jump	Aimee Breitfelder	4'8"	5 th
Shuttle Hurdle	Jody Helar, Kelley Michels, Julianne Brooks, Aimee B.	1:10.37	3 rd
Distance medley	Lindsay Gibbs, Aimee B., Erin Neubert, Katie C.	4:47.6	6 th
4x200	Aimee B., Angie Kenny, Erin Neubert, Tara Steves	1:57.85	3 rd
4x100	Missy Sheehy, Angie Kenny, Erin Neubert, Tara Steves	58.11	6 th

Best Efforts - 1996

Shot	Amanda Junk	31'1"	Wilton
Discus	Amanda Junk	96'9"	Wilton
High jump	Aimee Breittfelder	4'9"	Cornell
Long jump	Lisa Roth	14'8"	Bellevue
2 mile run	Crystal Coam	13:57.2	Middleburg
400m dash	Kate Escheid	1:08.16	Cornell
100m dash	Erin Huss	15.07	Cornell
100m hurdles	Johanna [unclear]	17.53	Clinton
200m dash	Aimee Breittfelder	24.09	Clinton
1 mile run	Crystal Coam	6:33.33	Middleburg
800	Kate Escheid	2:14.22	Clinton
4x100	Lindsay Gibbs, Amy Kummer, Amanda [unclear], Kelley [unclear]	43.18	Middleburg
Swimmers	Aimee Breittfelder, Kelly Helar, Sukanna Bolk	6:10.31	Wilton
Distance medley	Lindsay Gibbs, Aimee B., Erin Neidert, Kate Escheid	4:14.16	Cornell
4x200	Aimee Breittfelder, Amy Kummer, Judy Helar, Tara [unclear]	1:57.36	
Sprint medley	miss [unclear], Lindsay Gibbs, Amy Kummer, Aimee Breittfelder	2:04.08	
4x100	Aimee Breittfelder, Amy Kummer, Judy Helar, Tara [unclear]	4:24	